

MCOLES PHYSICAL FITNESS EXIT STANDARD:

During academy training, all trainees must complete the MCOLES physical fitness and health/wellness programs in order to graduate from training. The physical fitness component consists of a minimum of 36 hours of training and the health/wellness component consists of a minimum of 8 hours of training. Progress through these programs is monitored through periodic fitness testing. The ultimate purpose of the training is to establish a positive attitude of lifelong health and wellness.

During the last weeks of the academy, all trainees are required to pass the MCOLES physical fitness **exit** test. The exit test consists of the same four events as the pre-enrollment test - vertical jump, sit-ups, push-ups, and ½ mile shuttle run – but performance standards are set at a higher level. Passing this test is a requirement for graduation from the academy. Trainees are given an opportunity to retest failed events.

The performance standards for the MCOLES physical fitness **exit** test are displayed below. The numbers in the tables represent the “cut score”, or pass/fail point, for each event. In other words, trainees must perform at a level that is no less than what is listed in the tables.

MALES -- EXIT STANDARD

AGE	VERTICAL JUMP	SIT-UPS	PUSH-UPS	SHUTTLE RUN
18-29	19.0	36	37	4:11.8
30-39	17.5	34	37	4:18.2
40+	16.5	34	35	4:27.8

FEMALES -- EXIT STANDARD

AGE	VERTICAL JUMP	SIT-UPS	PUSH-UPS	SHUTTLE RUN
18-29	12.0	32	12	5:02.6
30-39	10.0	23	12	5:19.0
40+	9.0	20	11	5:25.5

The four events are to be administered in the following order:

- Vertical Jump
- Sit-ups
- Push-ups
- Run